



# THE MASSEUR



## American Massage & Therapy Association

FORMERLY THE AMERICAN ASSOCIATION  
OF MASSEURS & MASSEUSES

OFFICIAL BULLETIN

July - August 1959

DECATUR, ILLINOIS

## California Host to National Convention

This time next month we will have added another chapter to the story of the AMTA. This is the second time the annual convention has gone to the west coast.

In 1953 the convention was held in Spokane, Washington, and was attended by a nice representation from all over the nation. We are expecting big things from the California group.

At this writing I believe the plane trips have about 23 delegates booked from the midwest. So if you don't have your bags packed to travel, now is the time to do it. This is your chance to see sunny California. Some are planning to stay longer and make a vacation of it.

Those of you that are not going, watch for us on TV at the Lawrence Welk Show, Saturday night, August 15th. George Gammon has a real good time and program planned for us.

I understand there is a group planning to attend from the east coast. So again this will be when East meets West, only on their home grounds. So plan to be there. We will be looking for you.

Editor.

### HOW FAR IS WEST?

'Go West Young Man Go West.' Well you may think you are as far west as you can get in this organization. But according to Loran Stone of the California Chapter, Hawaii would like to eventually form a chapter to the AMTA.

During a recent visit there, Stone called on many massage operators that would like to join our organization.

Chief Kaawa said he would like to become a member of the California Chapter and that might make it possible to organize a chapter in Hawaii.

### HOW FAR IS WEST?

### NEWS ITEM

Blandie Jones of Penn. has been in Columbus, Ohio, attending the tenth annual meeting of the National Athletic Trainers Association Convention.

Twenty-two exhibitors displayed their wares before this group of athletic minded men. From the looks of the program they had, panels and lectures on everything from the effects of drugs to anatomical injuries.

### NEWS ITEM

Miss Mildred Warnes, Milwaukee, Wisconsin, Secretary of the Wisconsin Chapter, plans to leave the association. She is leaving her secretary duties to John Persona, President of the chapter until this board can appoint a new secretary.

Miss Warnes is leaving the profession to enter a convent in New York in September.

In her own words she says, "May I take this opportunity to thank you all for a most pleasant association. I will continue to remember you in your endeavors. I hope you wish me well in something that has been an ambition of long standing."

God love you all,  
Mildred

### NOTICE

That all members attending the National convention have their Year Books with them. There will be many changes in the By-Laws and Constitution.

Nat'l Sec'y



## THE MASSEUR

Bimonthly publication of the  
American  
Massage and Therapy Association.  
formally known  
American Association of Masseurs  
and Masseuses.

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### PRESIDENT'S MESSAGE A GOOD YEAR

It has been a good and a very satisfactory year. We feel that our association in the past few years has laid the ground work for its greatest growth and development.

Next year with all of us joined together in unity and harmony we will stage the biggest membership drive we have ever had. Good new members is what every organization needs. Members we can be proud of. Substantial members who will be a credit to our profession and to our association.

Members who will join with us in unity so we can put our shoulders to the wheel, and our noses to the grindstone in ever increasing numbers.

It becomes our duty at our national conventions to plan our pro-

grams and map our strategy for the coming year. Then it is our individual duty as members, during the year, to do all we possibly can to make sure that this program succeeds.

So it is not only a pleasure but a duty for each and every one of us to attend our great national conventions to help plan our activities for the coming year.

This year we are fortunate indeed to have our convention in the ever growing, ever expanding state of California.

We know that the well known California chapter officers, Pres. Loran S. Stone; 1st Vice President, Harold Gross; 2nd Vice President, J. L. Hatch; and Sec'y-Treas., Lloyd C. Allen, plus Mr. Geo. D. Gammon, Convention Chairman, will have the biggest and best convention ever planned.

**BUT THEY CANNOT HAVE IT ALONE.**

So come on members lets all meet in California.

### NOTICE

To all State Secretaries and members who send copy in to the Editor. If it isn't possible to type your copy, be sure to write very plain or print all names mentioned in articles. Sometimes we have quite a time making out some of the names, so if you find your name spelled wrong you will know why.

editor.

### MEDIC SAVES BROTHER BY HEART MASSAGE

For two hours and 26 minutes human hands squeezed and released the failing heart of a Miami dentist and kept him alive until he could rally.

Quick action by the brother of Dr. Raymond J. Smith, 45, was credited today by medical authorities with saving the dentist's life in what was described as one of the most remarkable cases of its kind on record.

**Recovery Expected**

Dr. Smith should recover and may return to his practice, said Dr. Robert S. Litwak, chief of thoracic surgery at the University of Miami Medical Center.

The incident occurred Saturday but was not revealed until last night. Hospital attendants said this is what happened:

Dr. Smith returned home from water skiing and complained of chest pains. His wife called in Dr. Donald W. Smith, a surgeon and older brother, who took him to the hospital in an ambulance.

The stricken dentist was placed in a hospital room. Dr. Leonard Smith waited outside the door.

Dr. Litwak said Dr. Raymond Smith suffered "a very severe attack." The heart specialist was summoned from his office while the brother ran to get a scalpel.

#### Chest Opened

The surgeon opened his brother's chest and began massaging the heart. Dr. Litwak and others joined him and they worked for what seemed an eternity before the heart showed a faint pulse. Finally, the heart began to beat rhythmically and the dentist breathed again.

Dr. Litwak said it probably was the longest time on record of keeping a heart pumping by hand massage.

### MASSACHUSETTS - NEW HAMPSHIRE - RHODE ISLAND

Tri-State Convention, May 16th and 17th, at Worcester, Mass. Our Rhode Island Chapter celebrated its First Anniversary at this year's Convention, as it was at last year's Convention in The Hotel Bancroft in Worcester, Mass., that our R. I. Chapter was formed. Our Rhode Island Chapter is small but is very active and is growing under the able and enthusiastic leadership of our President, Alice C. Smith.

Alice Smith was registrar for the Convention, which again this year was held in the Bancroft



Hotel in Worcester, Mass. Over 30 members and friends from the three states gathered for a good fellowship time as well as a time of enlarging our knowledge. They began arriving late Saturday afternoon, renewing old friendships and attending demonstrations during the evening. A demonstration of "Personalized Pre-Sleep Tapes" by Dr. J. L. Donovan of Quincy, Mass. was both instructive and interesting. Especially enjoyed were the "Health Products" refreshments by Stur-Dee of New York.

Sunday, May 17, was a beautiful day and early we began to gather for the Big Day of the Convention. Henry LeFleur, Chairman of the Convention called to order—the invocation was given by Virginia George of Mass. in the absence of the R. I. Chaplain Ida Thornson, who had been called home unexpectedly.

Alice Smith, our own President made a very effective ceremony of installing the New Officers for the Massachusetts Chapter again this year. This is a service Alice has graciously performed for several years now.

Flowers were voted to be sent to Lillian LaBonte of Hadley Falls, who was entering the hospital next day, from the Tri-State Conv.

Welcome by Dr. A. Meltzer of Worcester, a discussion on the Practice of Massage by Cecil George of the Georges School of Massage, demonstration of exercises for Arthritis by Ann White, assisted by May Conrad of Quincy and an address by Dr. Kenneth I. M. McLeod, Health Commissioner of the City of Worcester, completed the session and all adjourned to the Banquet Room where we enjoyed a "Chuck Wagon" Style Banquet.

Demonstrations, talks, etc., followed and all left for their homes having enjoyed a Happy Time together as they gathered knowledge.

Ida N. Thorson,  
Sec'y-Treas., R. I.  
Chap. A.M.T.A.

## CALIFORNIA HAS STATE CONVENTION



A Few of the California Members at Modesto, Calif. State Convention June 6, 7, 1959



Left to right—Lois Essex, 3rd Vice President; E. R. Conn, 2nd Vice President; Ralph Bisbee, 1st Vice President; Irene Jordan, President; Lloyd C. Allen, Sec'y-Treas.

## THE THEORY OF RAW JUICES

Every man and woman should be thinking of the theory of raw juice therapy. Nothing could be more reasonable and natural. Our bodies are composed of more than 16 mineral elements and according to many scientists, sickness of

some sort will result if one of these elements should be deficient. These essential elements are found in all live growing things, such as fresh fruits and vegetables.

It has been known by some scientists for years that if man wishes to build up a disease-resisting blood stream that is rich and red, he must get minerals and vitamins



that are pure and unadulterated from plants as provided by nature. The question is how to obtain these elements and materials.

For years man has been leading a softer life as far as his teeth and weakened system for digestion are concerned. Most of us find it impossible to eat the fibrous, hard and coarse material that is contained in some vegetables. Men can only extract a portion of the life-giving elements and find it hard or impossible to digest the coarse, fibrous material. Therefore, fresh raw juices from vegetables and fruits properly extracted with a juicing machine and consumed daily, in a few minutes, enter the blood stream of our body and provide it with the necessary elements as nature intended. Many doctors recommend the eating of fresh fruits and vegetables daily and one sure way of getting sufficient quantity is by drinking fresh raw juices daily.

## FRESH RAW JUICES WILL DO WONDERS

Raw juices will loosen the various acid poisons which are in our bodies by alkaline action and dump these poisons into the circulating system to be eliminated from our body. You will be amazed at the changes that will result when raw juices have been supplied to our body daily during a four week period.

Scientists have found that cells of the body are not over 14 days old, that is they must be replaced with new cells. Nature cooperates with you, but you must cooperate first by supplying your body with vital material which you can get by drinking fresh raw juices daily. Soon you will note a wonderful change in your skin, eyes, elimination; you will have added pep and energy, a keener mind, and also much of your flabbiness will disappear. The new life you will then experience will thrill you and those near and dear to you.

Do not wait too long or until it

is too late! If you supply nature with the proper kind of material, such as fresh raw juices, a building up of the body will be the result. Please remember, these materials that Mother Nature has given us such as vegetables and fruits contain vital minerals and elements, and they are very easy and gentle to digest. They are in the blood stream of our body in less than 30 minutes.

## SALESMEN

When I was a small lad, just about big enough to smoke corn silk even with my two missing front teeth, I thought salesmen were wonderful. Now that I am older and have more than two missing front teeth, I marvel at the bright active mind I had when I was so young. I still think salesmen are wonderful!

It has been said that salesmen as a whole are a very big problem to their wives, their bosses, to credit men, to hotels, and sometimes even to each other.

They draw and spend more money with less effort and get smaller value out of it than any other people in the world. They call at the most inopportune times, stay longer, ask more personal questions, make more comments, put up with more inconveniences, and take more for granted than any other group, including the United States Army.

They make more noise and mistakes, correct more errors, adjust more differences, cause more divorces, tell more white lies, explain more discrepancies, hear more grievances, pacify more belligerents, and lose more time under pressure without losing their tempers than any class we know, including ministers.

They introduce more new goods, dispose of more old goods, load more freight cars, unload more ships, build more factories, start more new businesses, and write more debits and credits in ledgers than anyone else.

So-o-o, to make a short story even shorter, let's say that salesmen are wonderful guys and let it go at that.

(Author Unknown)

## MASSAGE-THERAPY ASSN. HEARS MACLEOD

Dr. Kenneth I. E. Macleod, commissioner of public health, said yesterday that the Communists are winning the cold war by catering to the underfed thousands in the world while the West is neglecting them.

Speaking before the final session of the Tri-State Massage and Therapy Assn. at the Hotel Bancroft, Dr. Macleod levelled a mild charge at the United States.

"No nation can develop singly, as in a vacuum, services to ensure security for its population, for the affairs of all nations are inextricably bound to all others," he said.

"So is the future of all men inextricably bound," Dr. Macleod said. "The population, for example, of a country that is well fed must be concerned with one that is not, for humanitarian reasons if for no others. If this is neglected, the poorly fed may well rise up in jealousy and take from the wealth of the well fed, to the possible destruction of both."

He said that America is taking the lead in making food available "to all men everywhere in the right quantity and the right time, but even this help may not be enough. These efforts may be brought to naught if we do not seek to bring rhyme and reason to the co-incident problem overpopulation."

Officers installed for the Massachusetts Chapter were Henry A. LaFleur of Worcester, president; Mrs. Ann B. White of East Walpole, first vice president; Mrs. Florence A. Laws of Springfield, second vice president; and Miss Sadie A. Seligman of Worcester, secretary-treasurer. For the Rhode Island Chapter, Mrs. Alice S.



Smith of Providence, president; Mrs. Ida Thorson of Warwick, secretary - treasurer. For New Hampshire, Mrs. Lucinda Levasseur of Manchester, president.

Mrs. Smith was installing officer.

## ILLINOIS

The Illinois Chapter of A.M.T.A. held a state meeting in Peoria, Ill., Sunday, June 14, 1959, at the new Y. M. C. A.

Pres. Chas. Brooks opened the meeting at 11 a.m. The Minutes of the previous meeting were read and approved as read.

Election of officers was held resulting in the following people filling the offices:

Pres.—Chas. Brooks

Vice Pres.—A. Jean Wells

Secretary—Hazel Davis

Directors—Richard Frysinger, Dorothy Byles, Mildred Schroat, Gladys Spicer, Gilbert Schmitt.

A. Jean Wells made the motion, seconded by Gib Schmitt, to send delegation of two people to talk to Albert Scott, representing us in our legislating act on our license bill. Chas. Brooks and Hazel Davis We allowed \$100 for expenses.

A motion was made and seconded to have Chas. Brooks go as our delegate to National convention. We allowed \$100 for expenses

Those present at the meeting were:

Mr. and Mrs. Gilbert Schmitt

Mr. and Mrs. Fenton Davis

Chas. Brooks and daughter

Richard Frysinger

Dorothy Byles

A. Jean Wells

This note is from your Sec. & Treas. We have these meetings for all members, not just a few. Try and attend your State meetings. There is always something new for our members to learn at these meetings. Our next meeting will be in Peoria, Sept. 20, 1959 at 11 o'clock at the Y. M. C. A. Make plans now to attend. We will have a report on National Convention, also news on our State licenses.

Hazel Davis

Sec. & Treas.

## INDIANA CONVENTION

We convened 9 a.m. Saturday, May 16, for a very spirited and successful convention. Every exhibit space was sold. Exhibitors, members and friends were congregating rapidly and greeting each other in friendly fellowship. Many old timers and several new faces were in the group. The registration desk was a busy place when president George W. Stoller called the meeting to order for an invocation by Chaplin Dorothy M. Olson. President Stoller welcomed the guests to our convention. The registration clerk, Lenora Stoller reported 50 members and guests present. President Stoller asked each to stand and introduce themselves that we might all become better acquainted.

At 11 a.m. president Stoller introduced our National president, Thomas D. Olson, who gave us an interesting recount of our progress during the year and summation of the problems before us.

We adjourned for lunch at 11:50 and for visit with exhibitors.

We reconvened 1:30 p.m. for a very interesting and instructive lecture on Nutrition and its value in our practice by Dr. Frederick C. Albrecht, N.D.

2:30 p.m. to 2:45 we had recess and a chance to visit exhibitors.

President Stoller appointed Mr. Clarence Leets to act as Sergeant at Arms.

2:45 p.m. Lowell M. Spangle demonstrated movements used in modern Massage Therapy and with Janet Jarvis as a model patient he demonstrated the general or full body Massage.

3:45 p.m. Dr. Otis J. Briggs, D.C. & N.D. gave us one of his very instructive and illustrated lectures on human anatomy for which he is quite famous.

We adjourned at 5 p.m. to visit exhibitors. We reconvened 7 p.m. for banquet. Following the banquet Dr. Walter J. Beneville, State Legislator and Chairman of the public health committee gave us a very interesting talk on the activities pertaining to our Massage

Therapy Bill; why it was lost in this session and some interesting advice on what it takes to get such a bill passed. Advice we hope will help us get a more favorable action at a later session of the legislature. After this lecture we spent the rest of the evening visiting the exhibits.

Sunday morning we convened at 9 a.m. Invocation by Reverend Stanley R. Moneymaker, State Chaplain for Indiana Firemen.

Following the invocation we held a fitting and impressive memorial service for our deceased members.

9:30 President Stoller called a regular business meeting to order. There was a regular report of each officer and Committee Chairman as to their work and stewardship during the past year. It was a difficult year with much work and activity. There was disappointment in our legislative effort, sadness for the decease of three of our honored members. Despite all this it was a year of progress. The board approved six new applications for membership, making a total of 21 new members for the year.

There being no further unfinished business, president Stoller turned the chair over to Dr. Charles W. Brooks of Illinois to conduct our election of officers and Board Members for the ensuing year.

President George W. Stoller was reelected for another term as president.

Bessie E. Erfurth retired as Vice President having served three terms.

Sylvester F. Wyss of Fort Wayne, was nominated and elected Vice President.

Lowell M. Spangle was reelected to serve as Secretary & Treasurer.

The following members were elected to serve on the Board of Directors for the ensuing year:

Marvin L. Rittenhouse, Kokomo.

Mary Felton Leets, LaPorte.

James L. Anderson, Marion.

Bessie E. Erfurth, Gary.

Dr. Brooks then administered the oath of office to those elected.



The officers assumed their various stations.

11:30 National president, Thomas D. Olson talked to us about the National Convention to be held at Long Beach, California, August 12-13-14-15, 1959 at the LaFayette Hotel. After this talk we had a drawing for the free airplane trip to the National Convention. Mrs. May B. Page of Indianapolis was the winner.

We recessed for lunch at 12:00 noon.

We reconvened 1:30 p.m. for address by Dr. Charles W. Brooks of Decatur, Illinois on, "A Design For Living."

Following this lecture we had a good recess period to visit with exhibitors and see their interesting demonstrations.

We reconvened at 3:00 p.m. to watch an Educational movie, "The Spark of Life," which Bessie Erfurth secured for us. It was presented by Thomas D. Olson.

President Stoller then announced the appointment of the following to serve as Committee Chairmen:

Schools and Colleges—Margarie L. Myers

Ways and Means — Esther I. Spangle

Legislative—Lowell M. Spangle  
Nominations—Bessie E. Erfurth  
Auditing—George W. Stoller

Dr. Charles Brooks led us in the closing prayer.

Meeting adjourned 4:00 p.m. with usual goodbyes and salutations.

Lowell M. Spangle  
Secretary

## IOWA

A Board meeting was held at the Roosevelt Hotel, Cedar Rapids, Iowa, Sunday, May 12, at 11 a.m., preceding the meeting: A Buffet dinner was served at noon.

The meeting was called to order at 11:15 by Pres. Bohl.

Mr. Bohl introduced the members and visitors present, there were 17.

Mildred Hausen reported on the

work of the Legislative committee and the work in preparation for the resistance of the anticipated legislature.

Mr. Bohl also gave his report on the letters he and Louise had written in readiness to be sent to non-members and members and legislators.

It was decided to take the \$15.00 convention program space and list all names of the Iowa group, if possible.

Mr. Bohl brought up the problem of our approaching legislation and suggested 3 ways of handling the situation.

1. To go along with the Physio-Therapy Bill and compromise with a grandfather clause.

2. To let it lie and fight it as we have for 2 years.

3. Introduce a Bill of our own.

Mr. Bohl explained the various methods and said that either way would take money. Cost of legislation in other states was reviewed.

The Resolutions of the Board meeting were read and the following adopted:

That 51% of the membership be designated as a quorum.

That we should work towards Legislature in 1961, and each member donate \$5.00 per month to a special fund to be put at interest until that time and if not used for that purpose to be refunded to those who had paid.

That we notify non-members of our plans and they could do likewise.

That Mr. Bohl be delegated to consult Sen. Schroeder about a Bill for massage after the preliminary details have been worked out.

That a member be present at least 1 meeting a year or be dropped from the membership, unless suitable excuse was given.

That we increase our membership to the biggest potential, but not to take in anyone, unless engaged, at least part time, in massage.

Mal-Practice insurance was discussed briefly, and as the National Assn. did not have a very definite

plan worked out, Mr. Bohl suggested the Mel Foster Co., of Davenport, which was good and not too expensive.

Mrs. Eva Gilbertson gave a short report on the Peoria Quad-State meeting, held in April.

The petitions for membership of Mr. Louis Schreiner, of Burlington, Ia., and Mrs. Clela Grace Dougherty of Cedar Rapids, Iowa, were read and voted to become members of the chapter.

Mr. Schreiner led a discussion on the treatment of frozen fractures, bursitis and sciatica, and told of his experiences with Far-rodic current while in Steam Bath, under water or hot packs.

It was decided to have the next meeting in Cedar Rapids, as it was most centrally located for the present membership. The meeting to be 1st or 2nd week of October.

The meeting adjourned about 5 p.m.

Floy Brownlie  
Sec'y-Treas.,  
Iowa Chapter

## WHAT DO YOU KNOW ABOUT HEREDITY?

Three Americans won the 1958 Nobel prize in medicine for their studies on heredity, renewing interest in this age-old puzzle.

All of us talk about heredity, yet few of us know how pug noses and blue eyes get passed on through the generations. Dr. Margaret Lieb of Brandeis University offers this test. By marking the following statements TRUE or FALSE, you can discover for yourself what wisdom you've inherited about heredity.

**Every person inherits two complete sets of chromosomes, one from each parent.**

True. Every cell of the body contains two sets of chromosomes, tiny threadlike objects made of a material called nucleoprotein. These threads, like tape recordings, carry hundreds of messages (genes). Each gene in some mysterious way tells the cell how to



produce various chemicals and how to combine them, so that Johnny will have blond hair, dimples, blue eyes.

**Your child can never be your "spitting image."**

True. Only identical twins can be true look-alikes. At conception your child receives from you and your mate a random mixture of chromosomes, which have come from your parents, their parents, and all the way back. The result is a vast number of genetic messages which make the chance for exact likeness almost impossible.

**Environment cannot affect a person's inherited traits.**

False. Research has shown that nutrition, climate, and many other factors can influence the way body cells respond to gene messages. Children with genes for tallness, for instance, may remain small if their body cells do not get the right substances to build strong bones. Japanese children raised in Hawaii become heavier and taller than those reared in Japan, largely because the diet is better.

**Intelligence is inherited and has nothing to do with environment.**

False. While inherited genes probably do dictate the number of brain cells our skulls cover, and how they will grow, heredity has little to do with the stimuli those brain cells receive. Intelligence depends to a great degree on school, experience, family situations and cultural surroundings. A child reared in complete isolation, without any stimuli, will have little intelligence, regardless of his inherited brain structure.

**Two brown-eyed parents may have a blue-eyed baby.**

True. The child's parents, even his grandparents, can all be brown-eyed as long as each parent carries one gene for blue eyes. Since every person has two sets of genes, he may carry one gene for blue eyes and one for brown eyes. When these genes compete to give a message to the body cell, the brown-eyed gene is dominant and wins out. The blue-eyed genes are

hidden, but they remain and can be passed on to an offspring.

**When close relatives marry, there is a greater-than-average possibility that their children will have hereditary defects.**

True. Most hereditary defects are caused by genes which are hidden when normal dominant genes are also present. Every person has many different hidden genes, and close relatives will tend to inherit the same genes. If closer relatives marry, there is a fair possibility that a child will receive the same hidden gene from each parent. The child would then have no normal gene for some trait.

**Certain traits like color blindness and baldness are far more common in males.**

True. Color blindness and baldness are caused by genes that are hidden when normal dominant genes affecting the same traits are also present in the cells. These particular genes are part of a chromosome called X or sex chromosome. A male has only one X chromosome; a female, two. So, if a gene for baldness or color blindness is inherited by a male it will always "speak up." In the female, it will be hidden if a normal gene is present on the other X chromosome.

**You and your husband are handsome and intelligent. Your children must also be bright beauties.**

False. At conception, so many genes are shuffled about that no one can accurately predict what pattern the child will follow. Take a look at all your living relatives and see if the genes in your two families combine regularly to produce attractive people. By looking at living examples, you'll get a better idea of what variations you can expect.

**Your child can inherit your bad temper or "mean streak."**

False. There is no real proof of "mean streaks" running through whole families. The environment in which your child grows is far more apt to shape his personality.

If he grows in a home where angry words and violent outbreaks are common, he may simply adopt

### KEEP ON GOING

One step won't take you very far,  
You've got to keep on walking,  
One word won't tell folk who you are,  
You've got to keep on talking.

One inch won't make you very tall,  
You've got to keep on growing  
One little call won't do it all,  
You've got to keep on going.

The clock of life is wound but once,  
And no man has the power  
To tell just when the hands will stop,  
At late or early hour.

Now . . . is the only time we own,  
Love . . . Live . . . Toil with a will,  
Do not wait until tomorrow,  
For the clock might then be still.

### THE DOLLAR

#### I GAVE MY CHURCH

Three thousand for my brand new car,  
Five thousand for a piece of sod,  
Ten thousand I paid to begin a house,  
A Dollar I gave to God.

A tiny sum to entertain  
My friends in pointless chatter,  
And when the world goes crazy mad  
I ask, Lord what's the matter?

Yet there is one big question  
For the answer I will search,  
With things so bad in this old world,  
What's holding back my Church?

"Learn to throw overboard useless regretting, for things which we cannot undo, and learn the great art of forgetting, old things which embitter the new."



**THE WEAKER SEX?**

While women scream, weep, have occasional hysterics, and call the doctor at the slightest discomfort—they live to a comfortable widowhood. Men are strong, self-controlled, willing to punish their bodies to prove they can "Take it," and often succeed in leaving healthy widows.

**SHOOTING FOR AN "A"**

Mountaineer: "What'll my boy learn in this here school, teacher?"

Teacher: "History, spelling, trigonometry . . ."

Mountaineer: "Give him lots of that there triggernometry—he's the worst shot in the family."

It is not hard to find that truth! what is hard is not to run away from it once you have found it.

Ladies Speaking:

Leaving a lecture hall: "What a complete waste of time that was—although I will admit it was quite educational."

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